



THE COMMANDANT OF THE UNITED STATES COAST GUARD
WASHINGTON 20593

12 July 2001

From: Commandant
To: SN John A. Smith, USCG

Subj: LETTER OF COMMENDATION

1. I note with pride and am pleased to commend you for your performance of duty while serving on board USCGC JARVIS (WMEC 725) on 10 June 2001. On this date around 0930 you observed SA Jane Smith while eating lunch at her desk struggling to breathe after eating some of her lunch. You were standing by the microwave when you noticed and asked her if she was ok and she could barely speak because of the food lodged in her throat. She motioned to you that she was choking and because of your quick thinking and previous training you immediately knew what to do to help out a shipmate. You positioned yourself behind SA Smith and performed the Heimlich maneuver (abdominal thrust), which dislodged a portion of the food from her throat. Since this only dislodged part of the food you had to perform the maneuver again to completely free the remaining food from her throat so that she could breathe. She was then able to breathe freely and take a drink of water. Your quick response and aid to a fellow shipmate averted a potentially harmful and serious situation.

2. You are commended for your outstanding performance of duty. By your meritorious service you have upheld the highest traditions of the United States Coast Guard.

3. You are hereby authorized to wear the Commandant's Letter of Commendation Ribbon Bar (gold star in lieu of a second).

For the Commandant,

JOHN F. WILLIAMS
Captain, U.S. Coast Guard
Commanding Officer, USCGC JARVIS (WHEC 725)